



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09400, Apple juice, canned or bottled, unsweetened, with added ascorbic acid

Report Date: July 01, 2017 10:19 EDT

Nutrient values and weights are for edible portion.

| Nutrient  | Unit | Value<br>Per 100 g | Data<br>Points | Std. Error | Min   | Max  | df  | LB     | UB     | # Studies | Source                                | NDB Ref | Last Modified |
|---|------|--------------------|----------------|------------|-------|------|-----|--------|--------|-----------|---------------------------------------|---------|---------------|
| <strong>Proximates</strong>                                 |      |                    |                |            |       |      |     |        |        |           |                                       |         |               |
| Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> | g    | 88.24              | 45             | 0.091      | 87.92 | 88.6 | 6.0 | 88.018 | 88.463 | 3         | Analytical or derived from analytical | --      | 05/2008       |
| Energy  | kcal | 46                 | --             | --         | --    | --   | --  | --     | --     | --        | Calculated or imputed                 | --      | 05/2008       |
| Energy  | kJ   | 191                | --             | --         | --    | --   | --  | --     | --     | --        | Calculated or imputed                 | --      | 05/2008       |
| Protein <a href="#">1</a>                                   | g    | 0.10               | 3              | 0.008      | 0.09  | 0.12 | 2.0 | 0.066  | 0.137  | 1         | Analytical or derived from analytical | --      | 05/2008       |
| Total lipid (fat) <a href="#">1</a>                         | g    | 0.13               | 4              | 0.013      | 0.11  | 0.17 | 3.0 | 0.09   | 0.175  | 1         | Analytical or derived from analytical | --      | 05/2008       |
| Ash <a href="#">1</a>                                       | g    | 0.23               | 4              | 0.027      | 0.2   | 0.31 | 3.0 | 0.142  | 0.313  | 1         | Analytical or derived from analytical | --      | 05/2008       |
| Carbohydrate, by difference                                 | g    | 11.30              | --             | --         | --    | --   | --  | --     | --     | --        | Calculated or imputed                 | --      | 05/2008       |
| Fiber, total dietary <a href="#">1</a> <a href="#">2</a>    | g    | 0.2                | 3              | 0.106      | 0     | 0.3  | 2.0 | -0.245 | 0.667  | 2         | Analytical or derived from analytical | --      | 05/2008       |
| Sugars, total <a href="#">1</a>                             | g    | 9.62               | 4              | 0.128      | 9.35  | 9.86 | 3.0 | 9.218  | 10.031 | 1         | Analytical or derived from analytical | --      | 05/2008       |

| Nutrient   | Unit | Value<br>Per100 g | Data<br>Points | Std. Error | Min  | Max  | df   | LB    | UB    | # Studies | Source                                | NDB Ref | Last<br>Modified |
|--|------|-------------------|----------------|------------|------|------|------|-------|-------|-----------|---------------------------------------|---------|------------------|
| Sucrose <a href="#">1</a>  | g    | 1.26              | 4              | 0.023      | 1.2  | 1.31 | 3.0  | 1.188 | 1.333 | 1         | Analytical or derived from analytical | --      | 05/2008          |
| Glucose (dextrose) <a href="#">1</a>   | g    | 2.63              | 4              | 0.035      | 2.57 | 2.72 | 3.0  | 2.518 | 2.741 | 1         | Analytical or derived from analytical | --      | 05/2008          |
| Fructose <a href="#">1</a>   | g    | 5.73              | 4              | 0.089      | 5.51 | 5.93 | 3.0  | 5.453 | 6.017 | 1         | Analytical or derived from analytical | --      | 05/2008          |
| Lactose <a href="#">1</a>  | g    | 0.00              | 4              | 0.000      | 0    | 0    | --   | --    | --    | 1         | Analytical or derived from analytical | --      | 05/2008          |
| Maltose <a href="#">1</a>  | g    | 0.00              | 4              | 0.000      | 0    | 0    | --   | --    | --    | 1         | Analytical or derived from analytical | --      | 05/2008          |
| Galactose <a href="#">1</a>  | g    | 0.00              | 4              | 0.000      | 0    | 0    | --   | --    | --    | 1         | Analytical or derived from analytical | --      | 05/2008          |
| <b>Minerals</b>  |      |                   |                |            |      |      |      |       |       |           |                                       |         |                  |
| Calcium, Ca <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>   | mg   | 8                 | 57             | 0.464      | 4    | 26   | 8.0  | 6.688 | 8.818 | 17        | Analytical or derived from analytical | --      | 05/2008          |
| Iron, Fe <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>      | mg   | 0.12              | 56             | 0.006      | 0    | 0.26 | 18.0 | 0.103 | 0.129 | 17        | Analytical or derived from analytical | --      | 05/2008          |
| Magnesium, Mg <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> | mg   | 5                 | 58             | 0.074      | 4    | 7    | 22.0 | 4.638 | 4.946 | 17        | Analytical or derived from analytical | --      | 05/2008          |
| Phosphorus, P <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> | mg   | 7                 | 59             | 0.162      | 5    | 10   | 16.0 | 6.771 | 7.457 | 17        | Analytical or derived from analytical | --      | 05/2008          |

| Nutrient   | Unit | Value<br>Per 100 g | Data<br>Points | Std. Error | Min  | Max  | df   | LB     | UB     | # Studies | Source                                | NDB Ref | Last<br>Modified |
|--|------|--------------------|----------------|------------|------|------|------|--------|--------|-----------|---------------------------------------|---------|------------------|
| Potassium, K <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>  | mg   | 101                | 58             | 1.077      | 73   | 116  | 18.0 | 98.54  | 103.06 | 17        | Analytical or derived from analytical | --      | 05/2008          |
| Sodium, Na <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>    | mg   | 4                  | 58             | 0.205      | 1    | 8    | 25.0 | 3.197  | 4.041  | 17        | Analytical or derived from analytical | --      | 05/2008          |
| Zinc, Zn <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>      | mg   | 0.02               | 59             | 0.002      | 0    | 0.09 | 16.0 | 0.018  | 0.027  | 17        | Analytical or derived from analytical | --      | 05/2008          |
| Copper, Cu <a href="#">1</a> <a href="#">5</a> <a href="#">7</a> <a href="#">13</a> <a href="#">15</a> <a href="#">16</a>  | mg   | 0.012              | 14             | 0.000      | 0.01 | 0.02 | 7.0  | 0.012  | 0.013  | 6         | Analytical or derived from analytical | --      | 05/2008          |
| Manganese, Mn <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> | mg   | 0.074              | 59             | 0.006      | 0.02 | 0.26 | 19.0 | 0.062  | 0.087  | 17        | Analytical or derived from analytical | --      | 05/2008          |
| Selenium, Se   | µg   | 0.1                | 4              | 0.045      | --   | --   | --   | --     | --     | --        | Analytical or derived from analytical | --      | 12/1997          |
| Fluoride, F <a href="#">1</a>  | µg   | 39.1               | 112            | 2.494      | 27.7 | 57.7 | 75.0 | 34.162 | 44.097 | 1         | Analytical or derived from analytical | --      | 03/2006          |
| <b>Vitamins</b>  |      |                    |                |            |      |      |      |        |        |           |                                       |         |                  |
| Vitamin C, total ascorbic acid <a href="#">1</a>   | mg   | 38.5               | 3              | 4.911      | 28.9 | 45.1 | 2.0  | 17.369 | 59.631 | 1         | Analytical or derived from analytical | --      | 06/2008          |
| Thiamin  | mg   | 0.021              | 9              | 0.001      | --   | --   | --   | --     | --     | --        | Analytical or derived from analytical | --      | 08/1982          |
| Riboflavin   | mg   | 0.017              | 5              | 0.011      | --   | --   | --   | --     | --     | --        | Analytical or derived from analytical | --      | 08/1982          |

| Nutrient                           | Unit | Value<br>Per 100 g | Data<br>Points | Std. Error | Min  | Max  | df  | LB    | UB    | # Studies | Source                                | NDB Ref | Last<br>Modified |
|------------------------------------|------|--------------------|----------------|------------|------|------|-----|-------|-------|-----------|---------------------------------------|---------|------------------|
| Niacin <a href="#">1</a>           | mg   | 0.073              | 4              | 0.003      | 0.07 | 0.08 | 3.0 | 0.063 | 0.084 | 1         | Analytical or derived from analytical | --      | 05/2008          |
| Pantothenic acid <a href="#">1</a> | mg   | 0.049              | 1              | --         | --   | --   | --  | --    | --    | --        | Analytical or derived from analytical | --      | 05/2008          |
| Vitamin B-6 <a href="#">1</a>      | mg   | 0.018              | 1              | --         | --   | --   | --  | --    | --    | --        | Analytical or derived from analytical | --      | 05/2008          |
| Folate, total                      | µg   | 0                  | 3              | 0.046      | --   | --   | --  | --    | --    | --        | Analytical or derived from analytical | --      | 08/1982          |
| Folic acid <a href="#">1</a>       | µg   | 0                  | 1              | --         | --   | --   | --  | --    | --    | --        | Analytical or derived from analytical | --      | 05/2008          |
| Folate, food                       | µg   | 0                  | 3              | 0.046      | --   | --   | --  | --    | --    | --        | Analytical or derived from analytical | --      | 05/2008          |
| Folate, DFE                        | µg   | 0                  | --             | --         | --   | --   | --  | --    | --    | --        | Calculated or imputed                 | --      | 07/2008          |
| Choline, total <a href="#">1</a>   | mg   | 1.8                | --             | --         | --   | --   | --  | --    | --    | --        | Analytical or derived from analytical | --      | 05/2008          |
| Betaine <a href="#">1</a>          | mg   | 0.1                | 1              | --         | --   | --   | --  | --    | --    | --        | Analytical or derived from analytical | --      | 05/2008          |
| Vitamin B-12                       | µg   | 0.00               | --             | --         | --   | --   | --  | --    | --    | --        | Assumed zero                          | --      | 08/1982          |
| Vitamin B-12, added                | µg   | 0.00               | --             | --         | --   | --   | --  | --    | --    | --        | Assumed zero                          | --      | 04/2005          |
| Vitamin A, RAE                     | µg   | 0                  | --             | --         | --   | --   | --  | --    | --    | --        | Calculated or imputed                 | --      | 05/2008          |

| Nutrient  | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df  | LB | UB | # Studies | Source                                | NDB Ref | Last Modified |
|---|------|----------------|-------------|------------|-----|-----|-----|----|----|-----------|---------------------------------------|---------|---------------|
| Retinol   | µg   | 0              | --          | --         | --  | --  | --  | -- | -- | --        | Assumed zero                          | --      | 06/2002       |
| Carotene, beta  | µg   | 0              | --          | --         | --  | --  | --  | -- | -- | --        | Calculated or imputed                 | 09016   | 04/2005       |
| Carotene, alpha   | µg   | 0              | --          | --         | --  | --  | --  | -- | -- | --        | Calculated or imputed                 | 09016   | 03/2006       |
| Cryptoxanthin, beta   | µg   | 0              | --          | --         | --  | --  | --  | -- | -- | --        | Calculated or imputed                 | 09016   | 04/2005       |
| Vitamin A, IU   | IU   | 1              | 1           | --         | --  | --  | --  | -- | -- | --        | Analytical or derived from analytical | --      | 08/1982       |
| Lycopene  | µg   | 0              | --          | --         | --  | --  | --  | -- | -- | --        | Calculated or imputed                 | 09016   | 03/2006       |
| Lutein + zeaxanthin   | µg   | 16             | --          | --         | --  | --  | --  | -- | -- | --        | Calculated or imputed                 | 09016   | 04/2005       |
| Vitamin E (alpha-tocopherol)                                    | mg   | 0.01           | --          | --         | --  | --  | --  | -- | -- | --        | Analytical or derived from analytical | --      | 08/1982       |
| Vitamin E, added  | mg   | 0.00           | --          | --         | --  | --  | --  | -- | -- | --        | Assumed zero                          | --      | 04/2005       |
| Vitamin D (D2 + D3)   | µg   | 0.0            | --          | --         | --  | --  | --  | -- | -- | --        | Assumed zero                          | --      | 11/2008       |
| Vitamin D   | IU   | 0              | --          | --         | --  | --  | --  | -- | -- | --        | Assumed zero                          | --      | 02/2009       |
| Vitamin K (phylloquinone) <a href="#">19</a> <a href="#">20</a> | µg   | 0.0            | 2           | --         | 0   | 0   | 1.0 | -- | -- | 2         | Analytical or derived from analytical | --      | 05/2008       |
| <b>Lipids</b>   |      |                |             |            |     |     |     |    |    |           |                                       |         |               |
| Fatty acids, total saturated                                    | g    | 0.022          | --          | --         | --  | --  | --  | -- | -- | --        | Analytical or derived from analytical | --      | 05/2008       |
| 4:0   | g    | 0.000          | --          | --         | --  | --  | --  | -- | -- | --        | Calculated or imputed                 | 09016   | 05/2008       |
| 6:0   | g    | 0.000          | --          | --         | --  | --  | --  | -- | -- | --        | Calculated or imputed                 | 09016   | 05/2008       |

| Nutrient                           | Unit | Value<br>Per100 g | Data<br>Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source                                | NDB Ref | Last<br>Modified |
|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| 8:0                                | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | 09016   | 05/2008          |
| 10:0                               | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | 09016   | 05/2008          |
| 12:0                               | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | 09016   | 05/2008          |
| 14:0                               | g    | 0.001             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 05/2008          |
| 16:0                               | g    | 0.018             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 05/2008          |
| 18:0                               | g    | 0.002             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 05/2008          |
| Fatty acids, total monounsaturated | g    | 0.006             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 05/2008          |
| 16:1 undifferentiated              | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | 09016   | 05/2008          |
| 18:1 undifferentiated              | g    | 0.005             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 05/2008          |
| 20:1                               | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | 09016   | 05/2008          |
| 22:1 undifferentiated              | g    | 0.000             | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | 09016   | 05/2008          |
| Fatty acids, total polyunsaturated | g    | 0.039             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 05/2008          |
| 18:2 undifferentiated              | g    | 0.033             | --             | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 05/2008          |

| Nutrient                 | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source                                | NDB Ref | Last Modified |
|--------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 18:3 undifferentiated    | g    | 0.007          | --          | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 05/2008       |
| 18:4                     | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | 09016   | 05/2008       |
| 20:4 undifferentiated    | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | 09016   | 05/2008       |
| 20:5 n-3 (EPA)           | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | 09016   | 05/2008       |
| 22:5 n-3 (DPA)           | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | 09016   | 05/2008       |
| 22:6 n-3 (DHA)           | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | 09016   | 05/2008       |
| Fatty acids, total trans | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 06/2015       |
| Cholesterol              | mg   | 0              | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 08/1982       |
| <b>Other</b>             |      |                |             |            |     |     |    |    |    |           |                                       |         |               |
| Alcohol, ethyl           | g    | 0.0            | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 04/2005       |
| Caffeine                 | mg   | 0              | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 04/2005       |
| Theobromine              | mg   | 0              | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 04/2005       |

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA Continued monitoring of the nutrient content of selected key foods, University of Georgia, 1993 Beltsville MD

<sup>3</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2003

<sup>4</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

<sup>5</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

<sup>6</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

<sup>7</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1998

<sup>8</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1999

<sup>9</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2000

<sup>10</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2001

<sup>11</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2002

<sup>12</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2004

<sup>13</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

<sup>14</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

<sup>15</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1989

<sup>16</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1990

<sup>17</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

<sup>18</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994

<sup>19</sup>S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

<sup>20</sup>G. Ferland, D. MacDonald, J.A. Sadowski Development of a diet low in vitamin K (phylloquinone), 1992 J. American Dietetic Assoc 92 5 pp.593-597

